



# Comprehensive Soldier and Family Fitness

## CSF2 Quarterly

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### Senior Leader Spotlight



Maria McConville,  
Army Spouse

*Maria McConville has been an Army Spouse for 26 years. She is a Registered Dietitian, Certified Fitness Trainer, Certified Health and Wellness Coach, and Master Resilience Trainer. She is stationed with her husband, MG James McConville, Commanding General of the 101st Airborne Division (Air Assault) at Ft. Campbell, KY. They have 3 children including a son who is a 1LT in the Army.*

I am grateful that the Army has afforded spouses the opportunity to become Master Resilience Trainers or SMRTs ("Smarts") as we affectionately call ourselves. The skills taught in Resilience Training

help Soldiers and their loved-ones to "bounce, not break" during challenging times. Adversity is part of life; how one handles adversity determines the outcome.

As a "seasoned" Army spouse supporting my Soldier for 26 years, I have seen the effects that this unique military lifestyle has on individuals, their relationships and families. Through long separations, frequent moves, raising children, and ever-changing circumstances, I learned that I could crumble, survive, or thrive. I also learned that whether I crumbled or thrived was my choice.

When obtaining my Master's degree in Public Health, I studied the University of Pennsylvania's work on Applied Positive Psychology and learned of their involvement in the creation of the Army's then-Comprehensive Soldier Fitness program. I became impassioned to bring those principles to Army spouses and thought: "what better way for spouses to learn about resilience than from each other?"

As a senior Family Readiness Group Advisor, I felt (and still feel) called to help spouses help themselves. I encourage everyone to become "their best self" by discovering what makes them happy, empowered and purposeful. Going through the 10-day training to become a Master Resilience Trainer was enthralling. Everything we learned helped us realize that how we think shapes how we react. I realized that the skills not only helped me discover myself and strengthen my role, not only as an Army wife, but also as a mother, daughter, friend, and person. As the training progressed, I could see spouses "come to light" and immediately apply those skills to their own lives in numerous ways. The skills learned in Resilience Training help us discover that. The training also guides us to realize how we think, what our

signature strengths are, how to problem solve, how to communicate more effectively, and how gratitude and optimism shape our outlook in life. Often people believe that they are "victims" of their circumstances. Having resilience skills teaches us that we can become "victors" over those circumstances; and, we can handle adversity with integrity and grace. Once we apply resilience to our lives, we not only possess the knowledge of resilience, we become it.

Spouses who volunteer to be MRTs embody the spirit of resilience not only through their teaching, but also through their every-day lives. The MRTs conduct Resilience Training in traditional didactic settings and informally through encounters in their daily lives.

Our MRTs, especially our spouses who are MRTs, have grown, thrived, and flourished in their own right and are helping many others to do the same. I'm very proud of the selfless work our spouses are doing, their dedication to the program and the unwavering support they have for Soldiers and their Families.

### In This Issue

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## Director's Column



Col. Kenneth H. Riddle  
Director, CSF2

We are only three months into 2014, and CSF2 is surging ahead with multiple initiatives, all of which you will read about in this issue of the MRT Newsletter. They include the launching of our online self-development social media site, ArmyFit™, rolling out an updated and improved Version 3 of the MRT Training Curriculum, creating a teen resilience curriculum to be launched (controlled release) this month, and ramping up our spouse MRT training.

CSF2 is also committed to investing in program metrics and program evaluation. We have produced a series of Technical Reports over the past four years all of which have focused on validating our program's initiatives. Some have argued that these findings are nominal. While I agree that the results are not dramatic, they are scientifically valid and are highly encouraging. It takes time to fully evaluate the long term benefits of a program that is the size and scope of CSF2. The fact that we are moving the needle in the right direction is a good news story and should not be underestimated.

Going forward, CSF2 will take a broader approach and examine how the program delivers its intended outcomes – increased optimism, decreased stress and anxiety, and improved communications and relationships. And as you, our trainers in the field know, that is the true and fair measure of CSF2's effectiveness.

I am proud of how the Resilience Training you give to our Soldiers, Family members and Army Civilians at the unit level improves the quality of their lives. You make them stronger, improve their relationships and instill optimism. Keep up the good work!

### Resilience Tips



**Physical** - Yoga has been shown to improve flexibility, increase range of motion, lower blood pressure and stress hormones, improve core strength, improve muscular strength, and improve mood.



**Emotional** - Make it a priority to visualize yourself achieving your goals. Not only will you build confidence by seeing yourself attain your goals, but you will also feel and experience the act of achieving, which can create positive emotional balance.



**Family** - Set limits on your activities outside of the family. Each time you are asked to join a club or a committee, volunteer for an activity or help out with a project, ask yourself one question: If I join, what impact will this have on my family?



**Social** - Incorporate a buddy or family member into the process of setting your next goal. Having someone who shares your enthusiasm for your goal and helps you stay accountable is a key ingredient to goal attainment.



**Spiritual** - Start doing something routinely that will strengthen your spirit. A spiritual practice could be anything from prayer to spending time in nature to volunteering at a food bank.

### Upcoming MRT Courses

#### MRT Level 1

7-18 April: Kuwait  
23 April - 2 May: USASMA  
28 April - 9 May: Fort Riley  
12-23 May: Fort Hood  
2-13 June: Alaska  
2-13 June: Fort Bliss  
2-13 June: Fort Dix  
16-27 June: Fort Drum  
16-27 June: Puerto Rico  
16-27 June: Fort McCoy

#### MRT Level 2

28 April - 2 May: UPENN  
19-23 May: Victory College  
16-20 June: Victory College

#### MRT Level 3

23-27 June: UPENN

#### MRT Level 4

12-23 May: UPENN

If you have feedback on the newsletter or any other aspect of CSF2, please visit <http://csf2.army.mil/contact.html> for the appropriate address.

## Version 3 of the MRT course curriculum is now available



As many of you know, CSF2 launched Version 3 of the MRT course curriculum Army-wide in March of this year. It marks a big improvement to what is now a four-year-old course. Version 3 is the result of collecting lessons learned from training teams, CSF2 personnel, and of course, you, our MRTs on the ground. Here's what it does:

1. Adds two skills from Performance Enhancement Training, Goal Setting and Energy Management, to the original 12 resilience skills for a total of 14 skills
2. Dedicates three full days to teaching students how to transfer their knowledge and implement their instruction at the unit level
3. In most cases, there is one Primary Instructor for the entire 10 days
4. The training is now one integrated course of instruction over 10 days instead of segmented into three sections "prepare, sustain and enhance"

What does this mean for current MRTs? MRTs who received Version 1 and 2 training remain fully qualified to teach the 12 resilience skills at the unit level. Version 1 and 2 MRTs will not be required to teach the two new skills. Version 1 and 2 MRTs can visit their local CSF2 Training Center (if they have one) and get certified on these two skills in order to train them, although this will not be a mandate. If you wish to learn about the two new performance enhancement skills, you can download the Version 3 curriculum from the MRT Resource Center. Videos of the new skills being taught are also available there under "MRT Refresher Videos". In addition, unit-level training materials for the two new skills are available on the MRT Storefront.

Soldiers, Family members (statutory volunteers) and Army Civilians who now go through the MRT course will be certified to teach all 14 skills. CSF2 is excited to add two additional skills to your toolbox. CSF2 will continue to gather lessons learned and improve our courses over time, and we will share these improvements with you every step of the way.

## CSF2 Soon to Release a Resilience and Performance Teen Curriculum



CSF2 has seen the effectiveness and impact of Resilience and Performance Enhancement Training on Soldiers, spouses and Army Civilians, and now CSF2 is extending these valuable life skills to teens through a standardized Teen Curriculum 1.0 to be released to senior installation Commanders with a detailed execution SOP in April. The idea is to provide a common language of resilience for the Soldier's family system as a whole.

The curriculum uses the skills and language taught in the current adult curriculum, but makes it engaging to a teen audience. CSF2 sees this as important because Army life is tough on teens, and these skills equip them with life skills to manage

the challenges unique to Army life such as relocations and deployments. It also provides teens with invaluable life skills before they enter adulthood – college, marriage, family and career.

CSF2 Training Centers are available to advise and support Commanders as they identify opportunities to work with local schools and installation youth services programs. They are also available to advise Commanders on strategy and tactics for delivery to teens using this standardized curriculum.

MRTs hand selected by local commands will deliver the curriculum, which currently consists of the same 14 skills offered in Version 3 of the MRT course. MRTs who are not Version 3-trained are not required to teach the two additional performance skills – Goal Setting and Energy Management, but, if they have a CSF2 Training Center at their installation, the CSF2 Training Center staff is standing by to train-up MRTs in these two skills, should they request it.

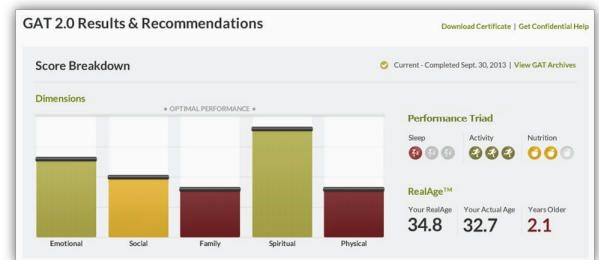
CSF2 already has four successful teen pilot programs underway at Fort Bliss, Fort Knox, Fort Riley and Schofield Barracks. The standardized curriculum, Curriculum 1.0, is in its refinement and validation phase using the lessons learned from the pilot programs. Once released, Curriculum 1.0 will enable installation commands to implement training for their teen populations.

The pilot courses are already proving their value. Sgt. 1st Class Raymond Law said, "I attended the Teen Resiliency Course (at Schofield Barracks) last night with my son. I am loving that I can use responses like 'you should have used ATC before you made that decision.' Awesome class and I am glad we got to be a part of it!"

## CSF2 Launches New Social Media Platform: ArmyFit™

CSF2 launched GAT 2.0 and ArmyFit™ in January, giving you a powerful new tool to take charge of your comprehensive fitness and readiness.

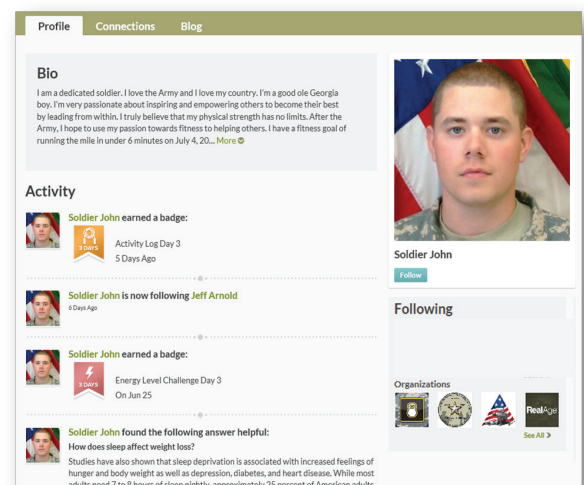
The Physical Dimension has been added to the Global Assessment Tool (GAT 2.0), providing a better graphical display of your results in each dimension of strength – social, emotional, spiritual, family and physical. You will also see how they perform in Sleep, Activity, and Nutrition – elements of the Performance Triad. In addition, you will receive your RealAge®, a metric that looks at all five dimensions of strength and tells you your biological age compared to your calendar age. In time, GAT 2.0 will integrate medical and APFT data to deliver the most comprehensive physical fitness score possible.



ArmyFit™ is a secure social media platform that Soldiers, Family members and Army Civilians can use to actively improve their resilience and performance based on their GAT 2.0 results. Once you complete the GAT 2.0, you'll have full access to all of the self-development resources within.

You can then follow recommended experts and organizations. ArmyFit™ automatically gives recommendations based on your GAT 2.0 results and RealAge® score, and you can choose experts based on your interests. You can also compete in self-improvement challenges as an individual or as part of a user team. You can share your improvements with your friends and earn badges with improvement. In addition, you can share as much or as little about yourself as you want by selecting privacy settings. No one else, including Commanders and Family members, has access to any of your personally identifiable information.

ArmyFit™ is where Comprehensive Resilience/Performance Modules (CRMs) now reside. In addition to familiar topics such as "Building Your Teen's Resilience," "Effective Communication," "High Performance Nutrition," and "Goal Setting," CSF2 has added new, hard-hitting modules such as "Post-Traumatic Growth," and "The Courage to Get Help." You can use these CRMs, and ArmyFit™ generally, as a supporting tool with your units by encouraging them to use it to augment face-to-face Resilience Training.



ArmyFit™ will continually add new functions and content. Coming soon are synching your activity monitor's data with ArmyFit™ to chart your progress and compete with others, financial fitness assessments and training, and geo-targeting to form local communities for virtual and face-to-face activities.

Take the GAT 2.0 today and get started in ArmyFit™ by visiting, <http://csf2.army.mil/armyfit.html>



### Hunt The Good Stuff!

Join CSF2 for "Hunt the Good Stuff Thursday" on Facebook and Twitter.

[www.Facebook.com/ArmyCSF2](http://www.Facebook.com/ArmyCSF2)



Use hashtag #HTGS and tag us @ArmyCSF2

## DEPLOYMENT SPOTLIGHT: Ready and Resilient Soldiers in the Deployment Cycle

**DHAP**  
DEPLOYMENT HEALTH  
ASSESSMENT PROGRAM

**LIFE  
FAMILY  
CAREER  
FUTURE**

Every year, thousands of Soldiers and Army Civilians deploy downrange in support of contingency operations, humanitarian missions, joint training exercises, or participate in operational deployments. Comprehensive Soldier and Family Fitness training has a key role in maintaining the resilience of these Army personnel through Deployment Cycle Resilience Training (DCRT) and the Deployment Health Assessment Program (DHAP).

In Fiscal Year 2013 alone, over 67 percent of the Active Army deployed downrange. To empower Soldiers, Spouses, and Army Civilians, DCRT and DHAP were there to foster readiness and resilience during the deployment cycle (including pre-deployment, re-deployment and the continuing transition back to Garrison life).

As a part of DCRT, a CSF2 resilience training series is offered during pre-deployment, redeployment and 3 to 6 months after redeployment. Formerly known as 'Battlemind', the training has evolved into DCRT as part of a collaborative effort between the Walter Reed Army Institute of Research (WRAIR) and CSF2. DCRT promotes life, performance and psychological skills for Soldiers, spouses, commanders and unit staff. DCRT is conducted in platoon-sized elements by CSF2-trained Master Resilience Trainers (MRTs). To download DCRT materials, please visit <http://csf2.army.mil/mrtresource.html> and follow the directions on the page to access the MRT Resource Center. The materials are located under "Download Latest MRT Curriculum" and then "Deployment Cycle Training".

DHAP is a critical Commander's tool that provides Soldiers and Army Civilians access to care for emerging deployment-related physical and behavioral health conditions. Through a series of deployment health assessments (DHAs) taken within specific timeframes, DHAP screens for PTSD, substance abuse, TBI, suicidal ideation, depression, combat related injuries and environmental exposures. The DHAs are completed at the unit level in the following order:

- Pre-DHA (Pre-Deployment Health Assessment, DD 2795) - The Pre-DHA is taken within 120 days before deployment and revalidated within 60 days before deployment
- PDHA (Post-Deployment Health Assessment, DD 2796) - The PDHA is taken within 30 days before or after redeployment
- PDHRA (Post-Deployment Health Reassessment, DD 2900) - The PDHRA is taken 90-180 days after redeployment

When conditions are identified, these tools provide the capability to refer Soldiers and Army Civilians for specialized care, resources and programs to include TRICARE, Veterans Affairs, and Military OneSource.

For additional information about DHAP, visit [www.dhap.army.mil](http://www.dhap.army.mil), to find a DHAP Coordinator in your area, contact DHAP at [dhap.g1.fieldinquiry@us.army.mil](mailto:dhap.g1.fieldinquiry@us.army.mil). To learn more about WRAIR, visit <http://wrair-www.army.mil>.

### MRT Spotlight: Jennifer Hendrickson, Spouse Master Resilience Trainer

#### We Both Checked the Block, Until Cancer Checked Me



In 2012, I received my diagnosis - cervical cancer. The same cancer that took my grandmother at age 40 now had me at 42.

A career military wife herself, my grandmother passed away shortly after returning stateside from a tour in Germany in the 1960's. And, having just returned from USAG Humphreys, South Korea after a three-year command sponsored tour with my active-duty husband, the parallel was not lost on me.

While assigned to 2ID in Korea, my husband had gone through the MRT course. I even volunteered and became one of the first 2ID Warrior Spouse MRTs. But now back stateside, here we were - two well-trained, well-versed MRT graduates - both struggling to understand my diagnosis, and struggling to communicate effectively. With the story of my grandmother's death embedded in me since childhood, I believed that I was fated to repeat her past.

We tried using the techniques we learned in our MRT training. Putting it in Perspective, didn't work. Hunting the Good Stuff left me feeling empty. What little energy I had to manage my life was spent navigating multiple doctors' appointments - I was caught in a Thinking Trap like no other, and no matter how hard my husband tried to console me, this Army wife wasn't about to surrender her Iceberg belief.

In the end, it took us both talking through the resilience exercises to finally arrive at which ones worked for me, and which ones I struggled applying to my situation. But more than anything, it took leveraging our character strengths. When my bravery failed, I leaned on his. When I thought treatment would leave me unlovable, he proved me wrong. And in my darkest hours, I held onto offering kindness and forgiveness to those around me.

Today our life together has been reset. After 10 years together, strangers confuse us for newlyweds, conversations flow easier and stressful times just aren't that stressful anymore. Resilience training gave us a common language - a way to work together. And for that we will always be grateful.



## National Capital Region CSF2 Training Center Delivers Resilience Skills Refresher Workshop to Ft. Belvoir Warrior Transition Battalion MRTs

*By Alissa Bookwalter, CSF2 Liaison Officer to Warrior Transition Command*



The Fort Belvoir Warrior Transition Battalion (WTB) and the National Capital Region (NCR) CSF2 Training Center recently conducted a Resilience Skills Refresher Workshop for Fort Belvoir, Walter Reed National Military Medical Center, and Fort Meade WTB Master Resilience Trainers (MRTs) and Command staff. It was held at the Fort Belvoir WTB on 16 December 2013.

The workshop provided attendees with additional skills training and practice teaching the two most heavily utilized resilience skills in the Warrior Transition Unit, Goal Setting and Hunt the Good Stuff. After a brief refresher on the skills, the MRTs had the floor to demonstrate their knowledge and teaching abilities to the audience and Command team. Following the skills demonstration, NCR CSF2 Training Center staff provided feedback that will assist the unit MRTs in more effectively teaching resilience skills to the WTB population.

"As an attendee and participant, I observed the true benefits of resilience refresher training," said Fort Belvoir's WTB Command Sgt. Maj. Clark Charpentier. "Leaders must provide opportunities to equip MRTs with the skills necessary to be a force multiplier within their organizations."

Michael Fairman, the NCR CSF2 Training Center Manager noted that, "Keeping MRTs refreshed and engaged is critical to the success of the CSF2 program. As a CSF2 Training Center, we are equipped to provide MRTs with the tools that allow them to be successful."

Resilience skills are an integral part of the U.S. Army's Warrior Care and Transition Program (WCTP) for wounded, ill and injured Soldiers. The U.S. Army's Warrior Transition Command (WTC) also uses resilience skills for Warrior Transition Unit (WTU) Families, Cadre and Staff, ensuring that Resilience Training is offered at the unit level at all WTUs.

Once a certified MRT returns to their WTU, they develop a unit resilience training program and conduct resilience training for local Soldiers, Families, Cadre and staff at least once per quarter. Local CSF2 Training Centers staffed with MRT-Performance Experts (MRT-PEs) are available at the installation level to assist MRTs with training, skill refreshers and delivery of the MRT course.

The Fort Belvoir WTB plans to continue Resilience Skills Refresher Workshops once per quarter to keep unit MRTs current on skills. For additional information on the CSF2's work with the WTC, please visit the [WTC's Resilience Module](#).

## **April is the Month of the Military Child**

In April the Armed Forces celebrates the Month of the Military Child. The month-long celebration recognizes children for their strength, sacrifice and resilience. Military children, including the children of National Guard and Army Reserve personnel, experience unique challenges related to military life and culture. By facing these challenges head-on, they can grow from the wide range of experiences military life offers, which is what resilience is all about.

Military children also deal with the stress of deployments, followed by family reunification and reintegration. They face frequent moves and experience disrupted relationships with friends. They have to adapt to new schools and find new community resources, and they grow up far away from extended family. But, overall, military children are healthy, well balanced and resilient. They learn how to make lasting friendships in a short amount of time. They use the latest technology to keep in touch with friends and family. Most of these children thrive and many even follow the same path as their Soldier parent.

Caring for our nation's military children helps sustain our fighting force. There are many resources available to Soldiers and their children to help them navigate military life. These include Army Child, Youth & School Services programs offered through Army Garrisons, National Guard Family State Program offices and Reserve Regional Commands. To learn more, visit:

<http://www.armymwr.com/family/childandtheyouth/>  
<https://www.jointservicesupport.org/fp/Default.aspx>  
<http://www.arfp.org/>